

Moose Sentinel



Vol 9, No 7

Ft. Richardson - "MWR is for All of Your Life"

July 2001

Seward Resort is What's Happening July 4th "Come on Down"

July 3 - "Top Cover" Air Force Band, Small Boat Harbor Plaza, 7 pm.
"Concert in the Sky" Fireworks on the Waterfront, 11:45 pm.

July 4 - Down town Seward. Food and craft booths, and kids games all day.
Parade - "Seward, an Outdoor Sensation", 4 Ave, 1:30 pm. Top Cover, South Fire Hall Lot, 2 pm. **74th Mount Marathon Race** (nationally famous). A grueling 1.5 mile mud-slick foot race up the 3,022 ft. Mt. Marathon, and 1.5 mile slip and slide back down. There are 3 races, junior's (begin 9:30 am), women's (begin 11:15 am), and men's (begin 3 pm). Thousands of spectators stand at the mountains base and line the streets to watch more than 800 runners (in the 3 separate race divisions), climb up the looped trail of the mountain and slip and slide down the eroded steep trail.

July 4 - Seward Resort Barbeque with "Johnny Poppins Dogs", 6-9 pm. Hot dogs, bratwurst, hot links, polish kielbasa or cheesburgers w/potato salad, baked beans, corn on the cob and a bag of chips. Meal prices vary.

July 4 - "Top Cover" Air Force Band at the Seward Resort on the covered deck, 7-9 pm.

Charter Fishing Trips

Aboard the one of the four 14 passenger 42' Delta's

E1 thru E5 - \$99 per person
E7 thru E9, W1 - CW3, 01-03 - \$109 per person
CW4-CW5, 04-010, DOD Civilians & AAFES employees - \$119 per person

Charters include: Rod & reels, tackle and bait. Bring your own lunch, munchies and fishing license.

Glacier & Wildlife Cruise

Adults \$69 per person
Children \$32 (2-12 years)
Children under 2 Free
(deli-style lunch included)

Take a guided, narrated tour of Resurrection Bay and Holgate Glacier aboard the 53' Arctic Light, (deli-style lunch provided), 9 am - 4 pm. See an abundance of wildlife, marine mammals, glaciers calving, dall sheep, bears, bald eagles and marine birds. The resort has a hydrophone on board for listening to the whales. 24 hour advance notice/reservations required.

Reservations - (907) 224-2654/2659
Leave Message - 1-800-770-1858

Check out What's Hot www.usarak.army.mil/ramwr/seward.htm

Fourth of July
BLAST

Block Party

July 4th, In the JRETC parking lot, noon

Live Band from Seattle

"Blues Union"

Blues - Jazz - Funk

Adults \$5
Kids \$2

Food - Games - Jumping
Jupiter - Face Painting

Bring your kids, lawn chairs and blankets!

Open to Everyone

Hosted by the Down Under. For more info, call 384-7619.

Come enjoy
"Blues Union" all
Weekend - July 6 & 7

at the Down Under, 10 pm. \$3 cover per night. Please no children on July 6 & 7.



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2 ♦ Special Events



"OLD FASHIONED ICE CREAM PARTY"



JULY 27, 2001



Kiddy Games
Face Painting
Helium Balloons

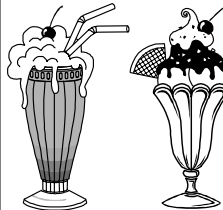


**Outside the ACS
Bldg 337, 1-4 pm**

Party will be held inside with inclement weather. **Call 384-1517.**

"Old Fashioned Ice Cream Party" Free

Ice Cream Cones
Ice Cream Sundaes
Ice Cream Floats



Pet Show and Contest

Owner & Pet Look Alike Contest
Cutest Pet
Smartest Pet
Most Unusual Pet
Most Talented Pet



Clowns



**OPEN TO THE FT. RICHARDSON
COMMUNITY**



**Visit FRA
MWR**

Web Site

! What's Hot !

<http://www.usarak.army.mil/framwr>

The Moose Sentinel is a monthly publication of the Fort Richardson United States Army, Alaska, Directorate of Community Activities (DCA), Morale, Welfare & Recreation (MWR), prepared by Terry Yeomans, Marketing & Advertising Specialist (Graphic Designer). Articles, comments & suggestions welcomed. (907) 384-2299, Fax (907) 384-2489. E-mail: teress.yeomans@richardson.army.mil WEB: <http://www.usarak.army.mil/framwr>

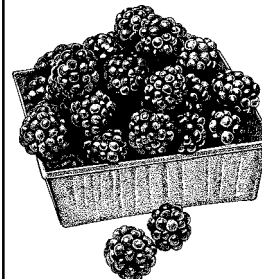


Presents:

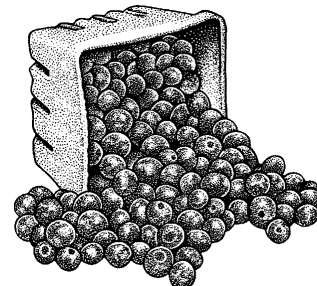
**HomeChoice Seminar
July 21, 8 am - 5 pm**

ACS Bldg. 337, Ft. Richardson
You must pre-register, call 330-8437
www.ahfc.state.ak.us

**Free Jams, Jellies
& Wild Berries
Presentation
July 16, 2001, 6-7:30 pm**



At Otter Lake Lodge. Presented by the Alaska Cooperative Extension. Learn how to identify wild berries and make jams and jellies.



For more info, call the Otter Lake Boat Rental, 384-6250.

**Are you dealing with a lot of
Stress?**

**Do you feel Over Worked?
Are you doing what is important
to you?**

**Attend this class
July 18, 2001**

At the Post Theater, 4 pm. If you attend, you will walk away with 6 tools to help you focus on the important things in life and 10 ways to reduce stress. This one hour class is offered by the Employee Assistance Program. Open to active duty, DOD/NAF employees and family members. Please RSVP, Aaron at 384-1411.

**Civilian Alcohol
Education Employee
Training
July 9, 2001**

Bldg 1113 basement, 10-11:30 am. Topics: Can you tell if someone you know has a drinking problem? What if it is a family member? Where can I go for help? What can I do to help the person? Call Aaron Harrop for more info, 384-1411.

Army Community Service (ACS) has a New Director "Marvin A. Dickerson, Jr."

Terry Yeomans, MWR Marketing & Advertising

Mr. Dickerson comes to ACS from Hanau, Germany, where he spent 3 years as the Director of Community Activities (DCA). Marvin has been with the government for many years and worked in many DCA activities: Army Continuing Education System Education Services Intern and Education Services Specialist; Family Advocacy Program Manager; Family Support Division Chief; Acting Business Operations Division Chief; Child and Youth Services Coordinator; Activity Services Support Division Chief;



"Ahh, Alaska, the blessed land! "I have wanted to live in Alaska since about age 12, so it has taken me only 43 years to get here".

and Acting Director of Community Activities for several long spells. Marvin and his wife Katharine of 34 years, reside in Eagle River. "My children are a 10 year old Yorkshire terrier and a 7 year old Siamese", said Marvin. "I collect guns and enjoy shooting, hunting, and fishing." "Ahh, Alaska, the blessed land!!! I have wanted to live in Alaska since about age 12, so it has taken me only 43 years to get here". DCA folks, please stop by ACS and welcome Marvin.

Youth Services (YS) Director Dave Ryckman named "Federal Employee of the Year"

Terry Yeomans, MWR Marketing & Advertising

The Directorate of Community Activities (DCA) is very proud of Dave Ryckman, Director of Youth Services (YS), after being named the "Federal Employee of the Year" in the category for middle managers, at a recent luncheon. USARAK Chief of CYS Pat Shepherd nominated Mr. Ryckman for the award, stating "This employee's leadership, devotion to children and community, and superior techni-



cal competence are of such superb quality that Headquarters, Department of the Army, have recognized this program as a 'First Choice Site' for the entire Army". Dave is registered as a Boys and Girls Club of America (BGCA), a mentor for sister service youth staff, BGCA staff and youth civilian agencies in and outside of Anchorage. **Keep up the great work Dave!**

Youth Service Outdoor Adventure Summer Programs

Rock Climbing July 10-12, 2001

This course introduces the joys and challenges of rock climbing (non-terrifying and fun). This three day course covers equipment, safety requirements, knots, belaying, rappelling, and rock climbing techniques. One day on the 40 ft Challenge course climbing wall and the other high elements and two days of rock climbing. Open to students 6th (min age 11 yrs)-12th grade. Cost \$45, maximum students 10.

Kayaking Trip July 16-20, 2001

This 5 day adventure offers youth a chance to experience three days/two nights of kayaking the waters of Resurrection Bay, (2 days for preparation and safety training). Participants will experience part of the Challenge program and learn basic kayaking skills, trip planning, outdoor safety, and minimum impact camping. Minimum qualifications: students must be at least 13 years of age and able to paddle 6-9 miles per day. Open to students 13 yrs - 12th grade. Cost \$70, maximum students 8.

Nancy Lake Fishing Camp-July 23-27, 2001

The five day event with one day of orientation and four day/three night camping trip and fishing adventure. The trip teaches basic camping skills, outdoor cooking, canoeing, trout and salmon fishing techniques, and camp craft. Open to students 6th (min age 11 yrs) - 12th grade. Cost \$80, maximum students 21.

For more info on the above trips and the Outdoor Adventure Program, call RC at 384-1508.

A Special Thank You

to the supporters of the Newcomers' Briefing.

COSTCO

Welcomes USARAK soldiers
and their families to
Ft. Richardson and Anchorage.

A Special Thank You

to the supporters of the Newcomers' Briefing.



A representative with info will be available on **July 12 & 26** at ACS Bldg 337, Rm. 21 from 3-4 pm for your convenience.

Special add-on card free for military, so stop by!

4 ♦ Recreation

Otter Lake Park July Outdoor Sports Adventures

Fishing Contest, July 2-31

All fish must be caught during hours of operations, and submitted at the end of each day. The biggest fish at the end of the month receives a \$100 boat rental from Outdoor Boat Shop, Bldg 794, 384-1475. \$10 entry fee (paid before fishing). Authorized ID card holders only!

Free Paddle Boat Race - July 7 & 28

1-3 pm. Winner receives 1 day boat rental of their choice. Electric motors will be charged. Race will be timed with a stop watch.

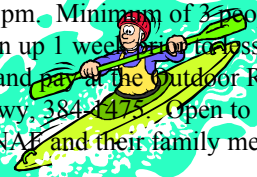
Free Boat Rental - July 8 & 22

11 am - 2 pm. Pick the boat of your choice! Electric motors will be charged normal rental fees. Normal rental fees will be charged after 2 pm.



Kayak Lessons - July 9, 13 & 30

July 9 & 30 at Buckner Physical Fitness Center Pool, 6-8 pm. July 13 at Otter Lake, 4:30-6:30 pm. Minimum of 3 people, maximum 7 people sign up. Sign up 1 week prior to lesson. \$10 per person, per lesson. Sign up and pay at the Outdoor Recreation Center, Bldg 794, Davis Hwy. 384-1475. Open to active duty and retired military, DOD/NAF and their family members.



Boat Rental - July 12 & 26

Rent a boat for 2 hours and get the 3rd for free. (Hours of ops).

Triathlon Scano Race - July 13

Canoe to the boy scout hut, run back to Otter Lake, grab a bike at the boat house, ride back to the canoe and paddle back to the boat house. Winner receives a \$20 gift certificate from ODR. Grand Prize at the end of the 2 months wins a trophy. Register by COB the day before. Entry Fee \$5.

Free Jams, Jellies & Wild Berries Presentation - July 16 (see pg 2)

Black Spruce RV Campground

40 RV Campsites w/hookups

5 RV Campsites w/water & electric

Playground - BBQ Grills - Picnic Tables

Restrooms w/showers - Washer & Dryers

\$15 w/full hookup

\$13 w/water & electric

\$10 w/water or electric

\$ 5 dry park

No reservations required (first-come, first served). Call ODR for info, 384-1475. Black Spruce phone # when open 384-7740.



**6 lb, 10 oz, 27 inch Trout
Caught at Otter Lake**

This huge 6 lb trout was caught at Otter Lake, May 25, 2001, by SMSgt Arthur R. Tovar and his son Anthony Tovar.

Camping Rental Equipment Issue (REI)

at the Outdoor Recreation Center, Bldg 794. Call 384-1475/1476

New 23' Star Craft
13' scamp trailers 2" ball
16' scamp trailers 2" ball
supercookers
supercookers w/propane
cook stove
coleman lantern
camping chairs

2-3 person tents
4-5 person tents
6 person tents
sleeping bags
poly pads
cots
canopy tents 15 X 15
canopy tents 20 X 30

ice chest (small)
ice chest (large)
backpacks
water jugs
food savers
meat grinders
meat smokers

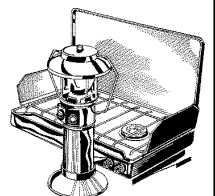
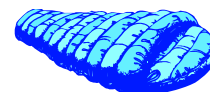


New Badmitten Sets
New Jumping Jupiter

New Croquet Sets

In-Line Skates
w/safety gear

Camping Rental Specials during the month of July. You can rent a two man tent, two sleeping bags, 1 stove/lantern/cook set for only \$20 per day (\$24 value). Boats, trailers and motors and fishing equipment available for rent.



Athletics/Fitness

Buckner Physical Fitness Center 384-1304/1306

Athletic & Rec Meeting, July 3, 1 pm.

Post Tennis Tournament (Men & Women)

Signup Deadline, July 5.

Organizational meeting, July 9, 1 pm.

Type of Play, Single Elimination

Divisions of Play, Singles & Doubles

Dates of Competition, July 9 - August 27

Post Track & Field Meet (Men & Women)

Signup Deadline, July 10 & 11.

Organizational meeting, July 6, 1 pm.

Dates of Competition, July 10 & 11, Bartlett High School (T)



Intramural Flag Football (Joint)

Roster deadline, July 18.

Organizational meeting, July 20, 1 pm.

Proposed start date, July 23 - Sept 27.

2nd Annual Ft. Richardson Men's D/E Handicapped Softball Tournament

Dates of Competition, June 30 - July 1

Signup Deadline w/entry fee, June 22

Format, RR/DE 4GG

Fees \$175

Prizes, Team Trophies (1st, 2nd & 3rd)

Individual 1st Place Trophies, Home-Run

Hitting Contest, Base-Running Contest,

MVP Trophy, Home-Run Rule 3, then

progressive. 21 Teams maximum.

POC, Preston Cluff or Al Alston, 384-1304/1306.

1st Annual Ft. Richardson Women's C/D/E Handicapped Softball Tournament

Dates of Competition, July 7 & 8

Signup Deadline w/entry fee, June 29

Format, RR/DE 4GG

Fees \$175

Prizes, Team Trophies (1st, 2nd & 3rd)

Individual 1st Place Trophies, Home-Run

Hitting Contest, Base-Running Contest,

MVP Trophy, Home-Run Rule 3, then

progressive. 21 Teams maximum.

POC, Preston Cluff or Al Alston, 384-1304/1306.

Massage Therapy

Relax Your Cares Away, with Professional Licensed Therapists

Therapists offer 1hour & 1/2 hour massage sessions, in a nice warm relaxed atmosphere.

Cost: \$65 - 1-1/2 hour

\$45 - 1 hour

\$30 - 1/2 hour

Several beneficial massage techniques avail:

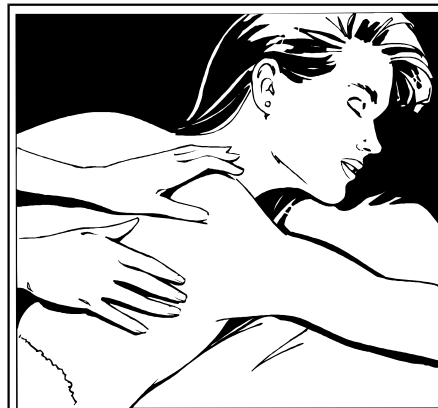
- Swedish Massage
- Reiki
- Core Myofascial Therapy
- Hydrotherapy
- Passive Stretching
- Deep Tissue
- Hawaiian Lomilomi

Open to all authorized users.

To schedule an appointment, call

Beth Marie, 689-7999

Jane Gnass, 563-9403, LMT, NCTMB



Fitness

Step Aerobics

Monday/Wednesday/Thursday,

6:15 - 7:30 pm

Fee: \$2.50 per single session

\$20 - 10 session punch card

In the multi-purpose room.

Call Dawn Bundick,

269-4884 or leave a

message 338-5530.

Schedule could change depending on demand.



Martial Arts

Combat Karate/TaeKwon Do

Monday and Wednesday, 5:30-7:30 pm

Instructor Wayne Gilmore, 563-0629.

Kenpo Karate

Tuesday & Thursday, 5:30-7:30 pm

Instructor Ron Larsen, (H) 688-3897

Fees for All Martial Arts Classes

\$40 - 8 sessions

Each additional family member

\$35 each, in the multi-purpose room.

Certified Personal Fitness Trainers

Want help getting started with exercise?

Buckner Physical Fitness Center has

NPFT Certified 1st Class Personal

Trainers available to help you exercise.

The trainers will assist in areas of nutri-

tion analysis, exercise heart rate, toning

muscle, exercise endurance, body fat and

weight loss, exercise planning, and stress management.

Fees vary according to services.

Call for an appointment:

Mike Masters, 384-6028 or 696-2940

Robert Williams, 694-0855

Yoga Every Wednesday

FREE Stress reduction Yoga classes

during lunch time, 11:30 am - 12:45

pm. Come breathe, stretch, balance and

relax. Wear loose clothing and bring a

towel. Call Paula Sayler for info and

reservations, 384-7506.

Tanning Booths

4 Hex Booths (10 minutes tanning)

Daily Walk-ins \$2

10 tan passes ... \$15

20 tan passes ... \$25

30 tan passes ... \$30

40 tan passes ... \$35

Tanning Supplies

Call 384-1308 for an appointment

Indoor Tennis Wall Practice

Available with

reservations on

Racquetball Court # 4.



July 2001
BPFC closed July 4
Military Training Holiday Hours:
July 6, 9 am - 7 pm.

6 ♦ Aquatics

Office 384-1301, Recording 384-1302

Pool Reservations & Operations Hours

Operations Hours: Monday thru Friday: 6 am - 9:30 pm, Saturday, Sunday, Holidays & Training Holidays: 11 am - 4:30 pm.

Pool Rentals (call pool office for prices and availability)

Saturdays & Sundays: 5-6:30 pm

Pool Closures: Monday thru Friday: 1-1:30 pm, 4-4:30 pm, 6:30-7 pm. Saturday, Sunday & Holidays: 1-1:30 pm.

Saturday & Sunday: 4:30-6:30 pm the pool & spa is closed due to reservations. **Military Training:** Monday thru Friday: 7:30-11 am

Open/Family Swim & Water Slide

Monday thru Friday: 1:30-4 pm and 7-9:30 pm

(during this time, no lap lanes avail).

Saturday, Sunday & Holidays: 1:30-4:30 pm

(during this time, no lap lanes avail).

Kayak Lessons

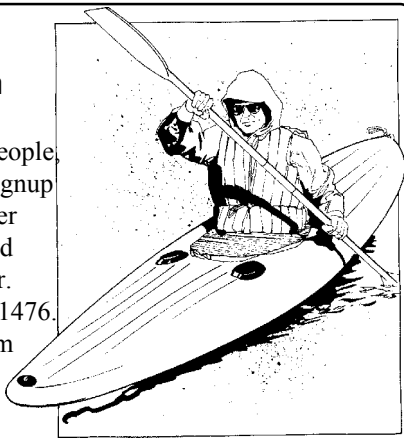
July 9 & 30, 6-8 pm

Presented by the Outdoor Rec Center. Minimum signup 3 people, maximum signup 7 people. Signup 1 week prior to lesson. \$10 per person, per lesson. Signup and pay at the Outdoor Rec Center.

For more info, call 384-1475/1476.

The pool will be closed 6-8 pm during kayaking classes.

The spa will remain open.



July Youth Swim Lessons

(limited to 8 students per class)

Cost \$35 (6 years & older)

Registration Thursday, July 5, 5-7 pm

Classes July 9, 10, 11, 12 and 16 & 17

Level I - 9-9:30 am & 5-5:30 pm

Level II - 9:30-10 am, 4:30-5 pm & 5:30-6 pm

Level III - 10-10:30 am & 6-6:30 pm

Level IV - 10:30-11 am & 6:30-7 pm

Class hours are subject to change.

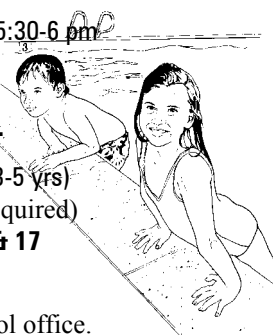
Toddler (18-36 mo) & **Pre-school** (3-5 yrs)

Cost \$30 (parental participation required)

Classes July 9, 10, 11, 12 and 16 & 17

Adult Lessons (6 lessons)

Cost \$35 To be arranged thru pool office.



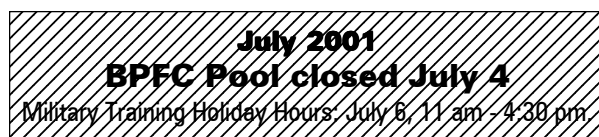
Lap Swim

Monday thru Friday: 6-7:30 am, 11 am - 1 pm, and 4:30-6:30 pm, Saturday, Sunday & Holidays: 11 am - 1 pm

SPA

Monday thru Thursday: 6 am - 1 pm, 1:30-4 pm, 4:30-6:30 pm & 7-9:30 pm. Friday: 6-8 am, 2-4 pm, 4:30-6:30 pm & 7-9:30 pm, Saturday, Sunday, Holidays & Training Holidays: 11 am - 1 pm & 1:30-4:30 pm.

Spa closed when pool is closed.



Education &

From your Friends at the Post Library - 384-1640

Check Out Your World **AT THE LIBRARY**

Book Returns: Return books to Book Drop in front of the present location Bldg 636 until August 6, thereafter books may be returned to Book Drop in front of the new location Bldg 5.

Do you know how many free services the library provides for you and the military community besides books? Here are just a few: Copier (10 free copies per person, per day); VHS movies (4 per family); One for one paperback trade; E-Mail & Internet use; Typewriters; Microfiche reader/printer; Research & Periodical databases available to us by subscription only; Interlibrary Loans with access to libraries worldwide; Wordprocessors and printers. **Use your Library!**



Website of the Month: www.corecom.net/~gardener

The website for Alaska Master Gardeners. Full of info about gardens and gardening in Alaska.

The Post Library will be closed August 1 thru Sept 3

They are moving to Bldg 5 same complex as the Shoppette and Thrift Shop (the old Commissary).

Watch for the grand re-opening Sept 4.

Education Opportunities - 384-0970

Important News for Soldiers. PL 106-19 and the National Defense Authorization Act for FY 2000 provide 2 important changes for soldiers. 1. Post Vietnam Era Vets Education Assistance Program (VEAP) soldiers will have the opportunity to convert to the Montgomery GI Bill (MGIB). Basic VEAP benefit maximum is \$8,100 and basic MGIB maximum is \$23,400. There are about 400 eligible soldiers in USARAK. The deadline for converting is October 31, 01. 2. A new program called Tuition Assistance "Top Up" will allow MGIB soldiers to receive their normal 75% Tuition Assistance and receive a refund from the VA for the balance of tuition and fees in effect receiving 100% TA. These payments are retroactive to any approved courses that began on or after October 30, 00. The amount of "Top Up" used will be deducted from your MGIB. "Top Up" is not for everyone. Soldiers should contact their Education Center for more details, 384-0970.



University of Alaska Anchorage (UAA) Summer Classes begin July 2 - August 10. An Art Appreciation and American Civil War Class will be offered. For more info, call 428-1228.



Wayland Baptist University (WBU) Summer Classes in Business Administration, Human Services and General Education begin July 9 - August 18. For more info, call 428-1496.



Central Texas College (CTC) Late Summer Classes begin July 8 - August 19. For more info, call 428-1317.

Down Under Lounge - 384-7619, Bldg 655 Full Bar - Dancing - Pool - Darts - Video Games

◆ **4th of July Block Party - July 4,**
(see front pg)

◆ **Live Band - July 6 & 7,**
(see front pg)

◆ **No Right Arm Night in July**



New Summer Hours

◆ **Open every Friday** 3 pm. If everyone is fishing we'll close at 7 pm and reopen at 10 pm. DJ will spin your favorites or you can try your hand at a little karaoke.

◆ **Saturday** open 10 pm, unless rented.

Rent the Down Under Lounge

Summer is here. Don't wait! Have your next event/party at the Down Under. Reasonable Rental Rates. Any day or night but Friday. Bartender available at no charge. Book one of our DJ's or find one of your own (must have own equipment).

Rent 4 hours get the 5th free.

Call Mary at 384-7619 to rent the lounge.

e-mail mary.hastings@richardson.army.mil.

The Down Under provides a fun, close, safe environment for the young and "old" soldier and their friends. If you enjoy playing pool, video games, darts, dominoes, cards, sing karaoke or dance the night a way this is the place. You don't have to worry about calling a cab or attempting to drive across town to have a good time we're within walking distance of barracks, lodging and post housing. The legal age for alcohol consumption is 21, but anyone 18 or older can get in. Guests are always welcomed both military and civilian alike.

Better Opportunity for Single Soldiers (BOSS)

BOSS Meetings Every 2nd & 4th Tuesday, PC Conference Rm, 3 pm.



**Thank you Subway for supporting the
Newcomer's Briefing!**



**Convenient locations to
Ft. Richardson on Muldoon,
Boniface and in Eagle River.**

**Employment opportunities available
at all locations.**



Leisure

Arts & Crafts - 384-3717/3719

Ceramics - 384-3419

Frame Shop - 384-3417

Wood Shop - 384-3418

Basic Matting & Frame Class

Every Thursday, 6 pm. Cost \$30

Saturday, **July 21**, 10 am.



Arts & Auto Craft Center Closed July 5
(in observation of Independence Day)

Auto Skills Center - 384-3718

Paint Bay - \$50 per day w/\$50 refundable deposit. (Boats, ATV, motorcycle, car & trucks).

Wheel Alignment - \$50 per vehicle - 4 wheel alignment, \$25 per vehicle - 2 wheel alignment

4 Vehicle Lifts - Stop by and change your oil, brake shoes, or whatever you like to tinker on. It's a great place to learn automotive skills while saving money!

Body Work - Use the Auto Shop body bay to remove all that rust on your vehicles.

Emission Inspections FEE \$33

(I/M Test \$15, Certificate \$18)

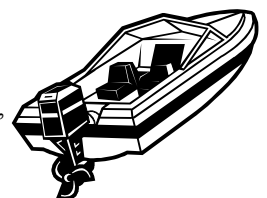
Appointments Only (No pass - No pay)

Lowest price in the Anchorage/Matsu Area! **Call for an appoint**

RV's - Boats - 4 Wheelers

**Welding machine avail for
small or big projects.**

Do your own tune up, wheel alignment, or get rid of those rust spots. Stop by and get that vehicle in shape.



Armed Services YMCA - 384-9622

ASYMCA will be doing signups for their fall train trips in July. Stop by the new office at Ft. Richardson (see back page).

Play Ball! Free General Admission to Anchorage Pilots home games and 50% off Bucs home games. Get your tickets at the "Y".

Buy 1 get 1 Free! See 1 movie or mix and match at the Alaska Center for the Performing Arts (PAC). Sky Song's Aurora Borealis, "Alaska's Gallery of Light" or Cine Ventures Wolves - a giant screen experience, and Alaska Spirit of the Wild.

Portage Glacier Lake Cruises 50% off! June 1 thru Sept 20, depart 4:30 pm. Adults \$12.50, Children \$6.25. Flyer required for discount, pick up at "Y". For all military and family members.

8 ♦ Soldier & Family Services

Fun Activities for Parents & Children

Children's Aqua Play (6 months to age 5)-Wednesdays, Buckner Physical Fitness Center Pool, 9:30-11 am. "Come swim and play with your children". Call Carol McGuffee 384-7508.

Pooh's Play Group (infants to age 5) - Tuesday and Friday, Bldg 337, Rm 20, 9:30-11 am. Make new friends while your children play with their children. Free snack provided. Call Karen 384-1517, or Carol 384-7508 for info.

Fun Activities for Adults

Quilting - June 2 & 9, Bldg 337, Rm 21, 9 am - 5 pm. Beginner thru Intermediate. For more info, call 384-6736.

Scrap Booking - Get those photos organized, **every Monday**, Bldg 337, Rm 20, 5:30-9:30 pm. For info, call Karen 384-1517.

Knitting - All levels, **every Thursday**, Bldg 337, Rm 20, 7-9 pm. For more info, call Karen 384-1517.

Parent & Newcomers Orientations

Newcomers Orientation, Info Fair & Bus Tour -

July 11 & 12 and July 25 & 26, Bldg 337, Rm 21. Orientation & Info Fair, 9-11:30 am. Complimentary lunch, 11:30 am. For active duty soldiers & their family members. Call Sue 384-1515.

OBGYN Orientation - July 11, 18, 25 & 27, EAFB Hospital, 8 am. Learn about the FRA Families First Program. Professionals provide assistance and parenting hints. Call Carol McGuffee for info, 384-7508. **Reservations required 580-1401.**

Child Development Center (CDC) Parent Orientation July 6 & 18, Bldg 6, 9-10 am for new CDC enrollments. CDC is a NAEYC accredited program. Contact 384-0686.

Parent Advisory Support Council (PASC) Meeting July 11, for all Child & Youth Services and SAS parents, Bldg 337, Rm 9, 11:45 am - 1 pm. **Lunch is provided.** Come be a voice for our children. Call Central Registration 384-7483.

Part Day Program (PDP) Parent Orientation - July 11 & 25, Bldg 337, Rm 9, 9:30 am for new PDP enrollments. PDP is a NAEYC accredited program. Child care call 384-1510.

YS New Parent & Youth Orientations - 1st & 3rd Tuesday monthly, Bldg 297, 3-5 pm, or call Tom Dinkins at 384-1508 to schedule an alternate time.

Family Child Care (FCC) Parent Orientation - July 6, 11:45 am - 12:45 pm, Bldg 337, Rm 9, for new FCC enrollments. **Child care is not provided.** Info 384-1500.

Family Child Care (FCC) Provider Pre-Orientation July 6, Bldg 337, Rm 9, 3:30-4:30 pm. All provider applicants who plan to attend the FCC Provider Training **July 11-19**, are required to attend this pre-orientation. Child care is not provided. For additional info and reservations, call 384-1500.

Parenting Classes

The following classes are located in Bldg 337, FAP Library. **Pre-registration required.** Call Carol McGuffee, 384-7508.

New Parent Classes - July 10 & 17, 9:30-11:30 am.

123 Magic - July 11 & 18 1-3 pm.

Positive Discipline - July 12 & 27, 9:30-11:30 am and 6:30 - 8:30 pm.

Strengthening Stepfamilies - July 25, 9:30-11:30 am and 6:30-8:30 pm.

Army Community Service (ACS) 384-1517/1518

"Get to Know Your ACS Program"

The 2nd info exchange workshop is **July 13**, Bldg 337, 10 am. The "Get to Know Your ACS" program is designed to assist the Senior NCO chain on the preferred and proper method for referrals and identification of problem areas of soldiers and family members. This is a great opportunity to let them tell us what they want and need from Army Community Service, as well as our opportunity to tell them what we can do for them. Presenter: Wendy Newman with Army Family Team Building (AFTB). Call 384-1517.

♦ **Family Subsistence Supplemental Allowance.** To see if you qualify, visit ACS or call SSG Green, 384-7478.

♦ **Thrift Savings Plan (TSP) Opens - October 9 thru December 8**, for Uniform Services. For additional info, call ACS or SSG Green, 384-7478.

♦ **Women, Infants & Children (WIC) Program - ACS** Bldg 337, Family Readiness Center, Rm 20, Mon-Fri: 7:30 am - 4:30 pm. Call David Brown, WIC Program Coordinator, 384-2033.

♦ **Nutritional Cooking Class - July 2, 9, 16, 23 & 30**, Rm 20, 2-3:30 pm. Learn nutritional ways to stretch your budget. "Hands-on" experience in preparing tasty, healthy meals. **Registration required**, call Karen 384-1517.

♦ **Army Family Team Building (AFTB) Instructor Training - July 17 & 18**, Goldmine Rm, 9 am - 3 pm. **AFTB Level II - July 23 & 24**, Bldg 1, Goldmine Rm, 6-9 pm. **RSVP for Childcare**, call Wendy Newman 384-1513.

♦ **Family Readiness Group (FRG) Training - July 26**, Bldg 337, 6-8 pm. Call 384-1517 for info.

♦ **Marriage Enrichment Forum - Bldg 337, FAP Library, Every Tuesday**, 6:30 pm or **Every Wednesday**, 11:30 am. **Pre-registration required** (group limit 12 couples). Call Karen Gale 384-7502 to register.

♦ **Single Soldier Parent Lunch Meetings - Every Thursday**, Bldg 337, FAP Library, noon-1 pm. Bring a bag lunch. For more info, call Carol McGuffee 384-7508.

♦ **Exceptional Family Member Program (EFMP) - If** you have, or are an Exceptional Family Member and would like to talk with families who have had similar experiences, come be a part of the EFMP Support Network. Signing up for the network is voluntary but the benefits are great. Call Monica Byrd, 384-0225.

Child & Youth Services (CYS)



CYS Central Registration Office is located in Bldg 337, Rm 7. Open Monday thru Friday, 8 am - 5 pm. There is an annual administrative fee of \$35 per family or \$15 per child payable at the time of registration. For info, call 384-7483.

- ◆ **FCC Hourly Care** - is offered by in-home child care providers for children 6 weeks - 12 years of age. A fee of \$2 per child is charged for each hour of care provided. Children must be fully registered thru the CYS Central Reg Office. Call 384-7483.
- ◆ **Hourly Care** - for children 6 weeks to 12 years, in the Part Day Program, Bldg 337, 8 am - 4:30 pm, \$3 an hour. Reservations required and may be taken up to 2 weeks in advance, call 384-1510. Limited to not more than 5 hours of care per day.
- ◆ **Computer Lab & Tutor** - The Computer Lab and Tutor is available. Call 384-1508 for more info.

USDA Summer Food Program

Child and Youth Services is pleased to announce it's participation in the USDA Summer Food Program for School Aged Children during the months of June, July and August for 2001. All participants of the Youth Center, regardless of race, color, national origin, sex, age or disability will receive breakfast, lunch and a pm snack free of charge. Any individual who believes that he or she has been discriminated against should immediately write to USDA Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD).

- ◆ **Tae Kwon Do U.S.A. Classes** - Every Tuesday & Thursday, in the YS gym, 6-7:30 pm. \$40 a month. Presented by Master Bruce Pfau and Sabumnim Katherine Pfau. Build confidence, self control, positive energy, pride, discipline, physical fitness and weight loss and move. Uniforms are available to purchase. Call YS 384-1508 to sign up. Ages 5-60+.



- ◆ **Teen Sports Officials WANTED** - YS is looking for teenagers that know the game of Soccer and would like to be trained and qualified to become Soccer Officials for Youth Sports. YS is members of the National Alliance for Youth Sports (NAYS) responsible for training and administering certification exams for 1st level through 3rd level qualified Sports Officials. If you are interested in becoming a youth sports official and

you are between the ages of 16 - 21, contact YS Sports & Fitness Office, 384-1516.

Child Development Center Family Fun Day & Picnic - July 20

In the Child Development Center, Bldg 6, 9:30 am. Come and join the CDC for a fun filled day of hands-on activities (goop, playdough, obstacle course, make-it-take it) and a picnic on the Preschool playground for lunch. For more info, call 384-0686.

CYS Highlights



SAS Summer Camp Hoowah

Kindergarten thru 6th grade. The School Age Services (SAS) Summer Camp Hoowah is available thru August 31. Fees based on total Family income. Monday - Friday 6 am - 5:30 pm. Based out of Bldg 297, with a computer lab, classrooms, gym, outside playground. Summer program includes breakfast, lunch and snack. For more info, call 384-1508.

Club Discover

Available thru August 17, Monday - Friday, 9:30 am -12:30 pm. Open to children/youth going into 1st grade thru 12 years old **who do not need full time care**. The program is an active program of exploration and discovery for children who typically are home with a parent or guardian. It offers activities that children don't or can't do at home. The cost is daily and based on total family income. **Reservations must be made at least 24 hours in advance and payment must be made to ensure reservation.** Parent will be required to attend an orientation prior to their child attending the program. Call SAS at 384-1508 for orientation dates and times.

9 Hour Preschool Class begins Sept

New for September. Part Day Program is offering a 9 hour preschool class from 8:30 am - 5:30 pm. The program will accommodate 3-5 year olds on a year-round basis. For additional info, please contact the Central Reg Office, 384-7483.

Open Registration for All Fall Programs

For information about programs and space availability, call the Central Registration Office, 384-7483. A \$25 deposit is required for each space reserved. This fee will be applied to the first month's tuition in the fall. The deposit is non-refundable in the event family needs change over the summer and placement is declined.

YS Soccer Season begins mid July


Youth are having a ball learning the game of Soccer. Outdoor Soccer Season is held mid July through early September. All home games will be played on YS Soccer Fields behind Buckner Physical Fitness Center starting 5:30 pm. The 5 and 6 year olds are playing MICRO Soccer, introduced to the sports program last year. Five youth on the field from each team, the field of play is 135 ft by 105 ft. Come out and support our youth in Sports and Fitness. For more info contact Jerry Washington at 384-1516.

YS Little League Baseball Tournament


The Alaska District 1 Little League Baseball Tournament will begin the 1st week of July, 2001. Ft. Richardson will have three teams representing our community this year. Minor Division Baseball (9 and 10 year old boys) coached by Louis Keemer and Thomas Thcraft. Major Division Baseball (11 and 12 year old boys) coached by John Durham, and Minor Division Fast Pitch Softball Coach by Melanie Durham and Peggy Jackson. All three teams will be playing to advance to the state finals and have a chance to compete in the national playoffs. Good luck to our kids and a big thanks to all the coaches for all that you do. For info on the tournament standings and games contact the Sports & Fitness Office at 384-1516.

10 ♦ Y. S. Adventures

5th & 6th Grade - 384-1508

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Summer Hours: 5th-6th Grade Monday -Friday 1-6 PM	2 <i>Coed Fitness 4-5 PM</i> <i>Open Gym 1-3 PM</i>	3 <i>NIKE Daily 4-5PM</i> <i>Open Gym 1-3 PM</i> <i>Nails 4-6 PM</i>	4 YS Closed 	5 <i>Coed Fitness 4-5 PM</i> Fly Tying 6-8PM <i>4-H Wolverine Hike</i> <i>10-7PM</i>	6 Torch Club <i>5:30-6:30PM</i> <i>NIKE Games 4-6PM</i> OAC Backpacking, <i>Kayak & Fish Camp</i>	7 <i>Closed</i>
8	9 <i>Coed Fitness 4-5 PM</i> 4-H Award Ceremony 6PM	10 <i>NIKE Daily 4-5PM</i> <i>Nails 4-6 PM</i> OAC Rock Climb July 10th -12th	11 <i>NIKE Daily 4-5PM</i> Fishing Club Trip <i>1-4 PM</i> Red, White & Blue Dance 6-8:30 PM	12 <i>Coed Fitness 4-5 PM</i> <i>Arts & Crafts 2-4 PM</i>	13 <i>NIKE Games 4-6PM</i> Bear Paw Trip 4:30-8:30PM	14 <i>Closed</i>
15	16 <i>Coed Fitness 4-5 PM</i> <i>Tourney 2-4 PM</i> OAC Kayak Trip July 16th-20th	17 <i>NIKE Daily 4-5PM</i> <i>Nails 4-6 PM</i> <i>Tourney 2-4 PM</i>	18 <i>NIKE Daily 4-5PM</i> <i>Tourney 2-4 PM</i>	19 <i>Coed Fitness 4-5 PM</i> YS Trail Walk & Picnic 2-5:30PM	20 <i>NIKE Games 4-6PM</i> Torch Club Berry Picking 1-4 PM	21 <i>Closed</i>
22	23 <i>Coed Fitness 4-5 PM</i> <i>Arts & Crafts 2-4 PM</i> OAC Fish Camp Training	24 <i>NIKE Daily 4-5PM</i> <i>Nails 4-6 PM</i> OAC Fish Camp July 24th-27th	25 <i>NIKE Daily 4-5PM</i> Fishing Club Trip <i>1-4 PM</i>	26 <i>Coed Fitness 4-5 PM</i> <i>Arts & Crafts 2-4 PM</i>	27 <i>NIKE Games 4-6PM</i> Anchorage Pioneer Home Ice cream Social 2:30-5:30 PM	28 <i>Closed</i>
29	30 <i>Coed Fitness 4-5 PM</i> <i>Arts & Crafts 2-4 PM</i>	31 <i>NIKE Daily 4-5PM</i> <i>Nails 4-6 PM</i> OAC Rock Climb July 31st-August				

7th-12th Grade & Outdoor Adv Program 5th-12th Grade - 384-1508

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Summer Hours: 7th-12th Grade Monday -Friday 1-9 PM	2 <i>Coed Fitness 4-5 PM</i> <i>Health Ed. 4-5:30PM</i>	3 <i>NIKE Daily 4-5PM</i> <i>Open Gym 1-3 PM</i> <i>Teen Supreme 5:30PM</i>	4 YS Closed 	5 <i>Chess Club 4PM</i> <i>Nails 4-6 PM</i> Coed Fitness 4-5 PM <i>4-H Wolverine Hike</i> <i>10-7PM</i>	6 <i>NIKE Games 4-6PM</i> OAC Backpacking, <i>Kayak & Fish Camp</i> SWOOSH CLUB 6PM	7 <i>Closed</i>
8	9 <i>Coed Fitness 4-5 PM</i> 4-H Award Ceremony 6PM	10 <i>NIKE Daily 4-5PM</i> <i>Teen Supreme 5:30PM</i> OAC Rock Climb July 10th -12th <i>Yard Games 2-4 PM</i>	11 <i>NIKE Daily 4-5PM</i> Red, White & Blue Dance 9-11 PM	12 <i>Coed Fitness 4-5 PM</i> <i>Nails 4-6 PM</i> <i>Chess Club 4PM</i>	13 <i>NIKE Games 4-6PM</i> SWOOSH CLUB <i>6PM</i>	14 <i>Closed</i>
15	16 <i>Tourney 2-4 PM</i> <i>Health Ed. 4-5:30PM</i> <i>Coed Fitness 4-5 PM</i> OAC Kayak Trip July 16th-20th	17 <i>NIKE Daily 4-5PM</i> <i>Teen Supreme 5:30PM</i> <i>Tourney 2-4 PM</i>	18 <i>NIKE Daily 4-5PM</i> <i>Tourney 2-4 PM</i>	19 <i>Chess Club 4PM</i> Fly Tying 6-8PM <i>Coed Fitness 4-5 PM</i>	20 <i>NIKE Games 4-6PM</i> Girls Nite 7-8:30PM SWOOSH Set up	21 <i>Closed</i> Special Event Bird to Gird 10 K Fun Run 8-2PM
22	23 <i>Coed Fitness 4-5 PM</i> <i>Arts & Crafts 2-4 PM</i> OAC Fish Camp Training	24 <i>NIKE Daily 4-5PM</i> OAC Fish Camp July 24th-27th <i>Yard Games 2-4 PM</i> <i>Teen Supreme 5:30PM</i>	25 <i>NIKE Daily 4-5PM</i> <i>Arts & Crafts 2-4 PM</i>	26 <i>Nails 4-6 PM</i> <i>Coed Fitness 4-5 PM</i> Scholarship Search 6PM Parents welcome <i>Chess Club 4PM</i>	27 <i>NIKE Games 4-6PM</i> SWOOSH CLUB <i>6PM</i>	28 <i>Closed</i>
29	30 <i>Arts & Crafts 2-4 PM</i> <i>Coed Fitness 4-5 PM</i> <i>Health Ed. 4-5:30PM</i>	31 <i>NIKE Daily 4-5PM</i> OAC Rock Climb July 31st-August 2nd <i>Teen Supreme 5:30PM</i>				



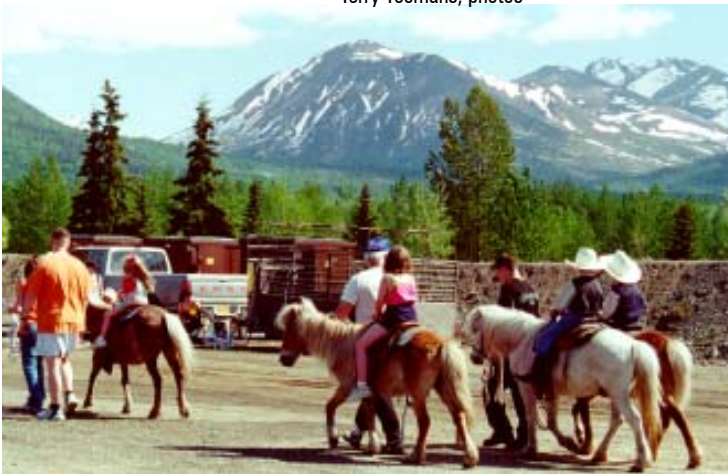
Terry Yeomans, photos

Sun, Cowboys and Kids Shine at Ft. Richardson Rodeo

It was Bucking Fever for Thrill Seeking Cowboys "Man against Bull"

Terry Yeomans, MWR Marketing & Advertising

The rodeo came to Ft Richardson's Langdon Parade Field June 2 & 3, hosted by Morale, Welfare & Recreation (MWR) and Big Sky Rodeo. Soldiers, their families and the Anchorage community were treated to bustin' broncos, bull riding, bareback riding, calf roping, team roping, breakaway roping, ribbon roping, ladies barrel racing and double mugging, as the 60 cowboys/girls competed in the rodeo. Sunny skies greeted the nearly 3,500 rodeo fans for both days. Kids enjoyed the pony rides, jumping jupiter, face painting, clowns and cotton candy. The favorite exhibition was the kids calf scramble in the two age categories, up to age 6 and 7-12 year olds, as eighty + youth chased a scared calf around the arena. Then there was bull rider Spc Robert Travino, Jr, of the 1-501st, the only soldier from Ft. Richardson that had the fever "Man against Bull". Family Readiness Group (FRG) provided support from the 172nd Delta "nachos", 164th MP Co "hamburger & hotdogs", and the 21st Signal "soda & water" sales. Youth Services sold candy and cotton candy, and the Armed Services YMCA had the coolest face painting. Following the rodeo on Saturday, some 350 rodeo fans headed over to the Down Under for some live Country & Western music by "Ken Peltier" & "Kidd Country Band". The rodeo was such a success and a blast, the MWR is planning another rodeo again next year. **"Lets do it again, Bigger & Better"**.



Community highlights

July 2001 Closures

July 4 - Federal Holiday (Independence Day)
 July 4 - Buckner Physical Fitness Center & Pool Closed
 July 4 - Commissary Closed
 July 5 - Arts & Auto Crafts Closed
 July 6 - Military Training Holiday



August 2001 Highlights

August 3 - AUSA/Geico Family 10K Run/Walk
 August 10 - Triathlon Scano Race
 August 24 - Alaska State Fair begins
 August 29 - Post Safety Awareness Day

Army Career & Alumni Program Center (ACAP) Bldg 602, Rm 142.

Preseparation Counseling Checklist appointments or workshop reservations, call Al Griswold, ACAP Counselor at 384-3501. Tom Hertzog, Veterans Rep from the Alaska Employment Office, is available for individual counseling appointments, call 384-7650. Retiring soldiers call Gail Scarborough, Retirement Services Officer to schedule a Pre-retirement Workshop and Survivor Benefit Plan (SBP) Briefing, call 384-3500.

Open to: all service members (active duty/retirees, DA civilians & family members). **July 2001 Workshop & Seminar Schedule**

July 3 - Resumix & Application Preparation, 1-3 pm
 July 9 - Preseparation Orientation, Mandatory preseparation ETS briefing (active duty 90-180 days prior to separation), 1:30-4:30 pm
 July 10 & 11 - DOL/Transition Assistance Workshop, 9 am - 4 pm
 July 13 - VA Representative, 10-11:30 am
 July 24 - Pre-retirement Workshop, 1:30-4:30 pm

Joint Regional Environmental Training Center

(JRETC) **web** www.jretc.org. Open to: all federal, state & local

Post Specials & Community Info

July - National National Parks & Recreation Month

June 30 & July 1 - 2nd Annual Ft. Richardson Men's D/E Handicapped Softball Tournament, (see pg 5)

July 1 - Arctic Thunder 2001, EAFB Open House & Air Show, gates open 9 am. Call 552-Show or visit the web www.elmendorf.af.mil.

July 3 - Eagle River 4th of July Celebration, Eagle River Lions Park, 6:30 pm

July 4 - 4th of July Block Party, Down Under (see front pg)

July 4 - 74th Mount Marathon Race, Seward

July 7 & 8 - Post Yard Sales, 7 am - 6 pm

July 7 & 8 - 1st Annual Ft. Richardson Women's C/D/E Handicapped Softball Tournament, (see pg 5)

July 7 & 8 - Girdwood Forest Faire, Girdwood

July 10 - Soldier of the Month (SOM) Breakfast, JRETC, 6:30 am

July 11-15 - Bear Paw Festival, Eagle River

July 13 - Triathlon Scano Race, Otter Lake, (see pg 4)

July 14-15 - 29th Annual Moose Dropping Festival, Talkeetna

July 14 & 15 - 58th Annual Garden Show, Alaska Botanical Garden

July 14 & 15 - Summer Gun Show, Sullivan



HUGE
Fireworks Display

Fourth of July
BLAST

July 16 - Free Jam & Jelly Presentation, Otter Lake Lodge, (see pg 2)

July 17 - Commissary/PX Advisory Council, PC Conf Rm, 1 pm

July 17 - Chaplain's Hail & Farewell Luncheon, Farewell to Chaplain (COL) Joseph O'Keeffe & Chaplain (LTC) Mark Henry. Hail to Chaplain (LTC) Curtis Schlosser, Post Chaplain, Chaplain (LTC) James McNeal, Temporarily Assigned, and Chaplain (MAJ) David VanderJagt, Resource Manager. Headquarters, Bldg 1, Goldmine Rm, noon. BBQ & Buffet, \$5 pp. Please give monies to Cindy in the Garrison's Office, Rm 113, 384-2175 or Sandi in Command Staff Chaplain's Office, Rm 150, 384-2124 in Bldg 1.

July 18 - FREE Fire Extinguisher Training, Fire Prev Office, Bldg 802, 10 am. Call 384-3132 to sign up.

July 21 - "Crow Pass Crossing" XIII, Crow Pass Trailhead

July 21 & 22 - Post Yard Sales, 7 am - 6 pm

July 24 - Community Action Council (CAC), JRETC, Bldg 655, 9:30 am

July 26 - PLDC Graduation, Post Theater, 11 am

July 26-29 - Alaska State Amateur Golf Tournament, MRGC, 7 am

July 27 - ACS 36th Birthday Celebration, Bldg 337, (see pg 2)

July 27 - Ft. Richardson Aglow, Bldg 337, 7 pm. A community Lighthouse for women. For info, call Latisha George 428-1070, or Cynthia Miller 428-9988.

No Right Arm Night in July

Club Discovery - YS School Age Services (SAS) available thru August 17, for 1st grade thru age 12, 1/2 day, 9:30 am - 12:30 pm. (see pg 9)

Summer Camp Hoowah - YS School Age Services (SAS) available thru August 31, for kindergarten thru 6th grade, Monday thru Friday: 6 am - 5:30 pm. (see pg 9)

Ft. Richardson Armed Services (YMCA) Satellite Office Moved. The FRA ASYMCA has moved to Bldg 5, (the old Beauty Shop), same Bldg as the Shoppette and Thrift Shop. Their hours of operations are Monday thru Friday: 8:30 am - 2 pm. For more info call 384-9622.

Thank you Rodeo Supporters!

AAFES

Brewster's Clothing & Footwear

Cream Puff Auto

CW Tack & Western Wear

Geico- Win Fowler Agency

KBEAR 104.1

K&L Distributors

NAPA Auto Parts - Muldoon

Silva Saddle

Subway of Alaska



Congratulations to:

Mr. Angel Cercenia

Winner of the

Grill-2-Go from AAFES
T-shirt pre-sale drawing

Rodeo T-shirts are available at the PX in the Joint Military Mall. Limited quantities, so shop early!